THE RECOVERY KERNEL

Jerin Tsarin Tafiye na Musamman da Kowane Maganin Ke Da Shi.

Yadda ake samun wani abu mai kyau bayan shan kunu.

Wajan amfani da Tsarin Recovery Kernel.

Matsalar amfani da man shaidan · Shaɓi mai yawa · Man shaidan / Wurin / Wasabi · Dogon zama a kan magunguna da man shaidan.

⚠ KIRAYAR KAWO CUTA – BA TAHAYA TA LALACI BA | Matsala: kiran Gaggawa: Gaggawa: 112 ko aika sakon rubutu zuwa Nigeria Suicide Prevention: 08062106493.

CIWON MAGANIN, YANA DA KYAU A CIKIN WASU HALITUNSA. KARA DUBAN SASHE NA 3.

Wata sanarwa kafin ku fara.

Wannan jagorar na fara da wani abu da sauran jagororin amfani da *Recovery Kernel* ba su yi ba: wani bayanin lafiya da dole ne ku karanta kafin kawo kowane abu.

Rashin lafiya da ake samu a lokacin barciwa daga shan kwalba na iya kashe mutane. Ba wani abu mara ma'ana ba ne. Ba kuma wata hita ce. Na iya haifar da fitsari, cutar zuciya, da kuma wani yanayi da ake kira "delirium tremens" wanda yawan mutuwa a cikinsa ya kai kima 15% idan ba a yi magani ba. Wannan abu bai faru ga mutanen da suke barciwa daga shan gilashi ko shaidawa, ko ma da wasu nau'in narkewai. Abin da yake faruwa ne musamman ga waɗanda suke barciwa daga shan kwalba – kuma ga waɗanda suke barciwa daga benzodiazepines, wanda ke aiki ta hanyar iri ɗaya.

Idan kai mai shan giwa ne yawan, kuma kake shan giwa domin ka samu wani abu, ko kuma kake shan giwa da safiya, kuma kana ji kamar jikinka yana rugar ko zubar da ruwa idan ba ka sha giwa ba na tsawon sa'oɓi, to dole kada ka daina shan giwa a gaggawa ba tare da kula daga likita. Tsarin *Recovery Kernel* da ke cikin wannan jagorar ya amfana da sabon ka. Amma mataki na farko ba shi ne shan wasu abubuwa ba. Shi ne kiran likita ko asibiti, ko kuma wuri inda ake gyara mutanen da suke fama da ciwon giwa.

Ga masu shan ruwa da yawa ko kuma suna shan wuri-wuri – wadanda suke shan wuri-wuri amma ba sa shan don hana jujuwa – shawarwarin da ke ƙasa sun dace musu sosai. Yawan bambancin wannan abu ne na likita, kuma yana da mahimmanci. Idan baku sani yaya kuke cikin ɗayan bangarorin ba, ku yi tunanin cewa kuna cikin wanda ya fi tsauraro, kuma ku nemi bincike daga likita.

⚠ IDAN KA DOGARA DA SHA IN KASHE, KA DAKATA KI KARA KARANTUWA YANZU.

- Shin ku kun sha abinci da safiya don hana jujuwa?
- Shin kana ji da zafin jiki, saurin buga zuciya, ko rashin lafiya lokacin da kake barin shan alkawari na tsawon awanni?
- Ka taɓa samun fitsari ko hantomsu lokacin da kake barin shan giya ko rage yawan shan?
- Shin kun sha ruwa yawan lokaci da kuma kullum na makonni, watanni, ko shekaru?

Idan ka amsa da "e" ga kowane ɗaya daga cikin abubuwan da ke sama: kada ki daina shan giwa nan take. Kira likitanka, kai zuwa asibiti ko tuntu wa yadda za ki samu taimako don shafe giwa kafin ki rage ko daina shan. Wannan ba shawara ce. Kayatar ne na likita. Shafe giwa a ƙarƙashin kula da likita tare da rage amfani da benzodiazepine shine abin da ake yinsa. Yana hana mutane mutuwar rashin zato. Da fatan za ki yi amfani da shi.

Lokacin da kake cikin wani yanayi na lafiya – ko ta hanyar tsarin gyara ƙwayoyin halita a ƙarƙashin kula, ko saboda ka tabbata ba ka cikin matsayin dogon amfani da narkewai – wannan dandalin gaba ɗaya na Recovery Kernel an shirye don yadda jikinka yake da kuma tafiyar samun lafiya.

Sashe na 1 - Abin da Man Tausayi Ya Haifarwa Makoyin Ka.

THE CENTURION - Man shaidan da ake amfani dashi fiye da sauran abubuwa a duniya.

Alkohol na bambanta ne daga sauran abubuwan da ake amfani da su wajen narkewa saboda bai yi aiki ta hanyar tsarin mai karɓa ɗaya ba. Ya shafar kusan duk manyan tsare-tsaren neurotransmitter a cikin gaba, kuma shi ne dalilin da ya sa alamar narkewarsa ta fi wahala da haɗari fiye da yawancin sauran abubuwa, kuma saboda haka, warshawar sa na buƙatar mafi yawan hanyoyin biyo-biyo.

Tsayyar yadda man shaidan yake a jiki – ba ne saboda rashin laifi, amma saboda ilimin kimiyya – shi ne tushen abubuwa duka da za su biyo baya.

Tsarin masu zuwa sun lalace saboda shan taba.

Tsarin.	Menene da ake yi da alkawari?	Menene alamar jinin da kuma farfadowa?
Gaba.	GABA-A receptors da aka ƙarfafawa - sun ƙara yawan aikin tsarin hana aiki na gabaɗaya a cikin maha. Alkawari mai karfi ne wanda ke haifar da GABA-A. Yawan nutsuwa, rage damuwa, sauƙin zamantakewa, da barci - duk su ne sakamakon GABA.	Lokacin da ana amfani da barasa na tsawon lokaci, GABA receptors suna rage yawan su don biyan bukata. Lokacin da barasan ya ƙare, tsarin hana haɓatuwa yana ɓarke yayin da tsarin haɓata ke ci gaba ba tare da kulawa ba. Sakamakon: haɗarin girgiza, tana, damuwa mai tsanani, rashin barci. Wannan babban matsala ce ta likita wacce ake kira "withdrawal" na barasa.
Glutamate (mai saurin gurgu).	An hana NMDA glutamate receptors - raguwar saƙo mai ƙarfi. Abin da abubuwan narkewai ba su yi ba. Alkawari yana rage tsarin da ke haifar da motsi.	Yawan shan kwalba na tsawon lokaci yana haifar da yawa a cikin marufi na glutamate — idan mahaifa ta yi ƙoƙarin warware hana wani abu, tana ƙara yawan abubuwa waɗanda ke saurin ayyuka. Ayyuka: GABA ya ɓace, glutamate ya ƙaru. Mahaifarka tana aiki ne da sauri sosai. Ciwon fitsari shi ne misali mafi tsanani na wannan rashin daidaito.
Dopamin (alamar jin daɗi).	Ana yawan fitar da dopamine a cikin wani sashi na jiki mai suna nucleus accumbens – wanda ake kira shi "babban wurin jin dadin." Wannan ya faru ne saboda tasirin	Tsarin dopamine yana ragu kamar yadda ake gani a cikin abubuwan da ke ƙara motsa jiki, amma a hanyar da ta fi sauri. Rashin jin dadin rayuwa, rashin son yin komai, da damuwa suna nuna cewa tsarin dopamine ya rage saboda GABA deficiency. Tsarin jin dadi yana kashe, ba kawai tsarin kwantarwa.

	GABA/glutamate, kuma shine dalilin da ya sa mutum yake jin dadin shan kwalba, ba kawai jin kwanciyar hankali.	
Seroṭonini.	Yana ƙara fitar da serotonin, wanda ke haɓaka yanayin (mood) a cikin adadin ƙanƙanta. Amma amfani da shi sosai na tsawon lokaci yana rage yadda tsarin serotonin yake aiki.	Karancin Serotonin a lokacin farfadowa na iya haifar da rashin lafiya, damuwa, fushi, da tsangwama cikin barci. 5-HTP, 5-MTHF, da abinci mai cakuda tryptophan suna zama abu mafi mahimmanci don gyara tsarin serotonin. Sau da yawa ana ganinsa a matsayin rashin lafiya na gaske, amma shi ne ɓarna wanda ke faruwa a lokacin farfadowa.
Tsarin opioids.	Ana saka abubuwa da ke haifar fitar da opioids na jiki – beta-endorphins – wanda ke taimakawa wajen samun soyayya da alƙawari, kawar da ciwon, da kuma jin farin ciki daga shan kwalba, musamman a cikin mutanen da suka daɗa OPRM1 A118G.	Rashin yawan opioids a jiki yayin kokarin samun lafiya na iya haifar da wani nau'i na ciwon rai, wahala wajen yin hulɗa da wasu mutane, kuma yana haifar da wata almara da ake alakanta da sha'awar shan kwalba, amma a gaskiya shine sha'awa ce ga yadda jikin yake jin da kowane abu. Nau'in OPRM1 na jiki ke ƙayyade yadda mutum zai amsa maganin Naloxone.

Matsalar Acetaldehyde - Ta musamman ga man shaidan.

THE CENTURION - Guba da Jikin Ka Ke Neman Ceto Daga Shi.

Alkawan yana zama a jikin hana wani ta hanyoyi biyu: na farko zuwa acetaldehyde (ta enzyme ɗaya mai suna ADH1B), sannan zuwa acetate (ta enzyme mai suna ALDH2). Acetaldehyde na da illa kai tsaye — yana lalata DNA, furotin, da kuma membranes na sel. Haka kuma, acetaldehyde ke haifar da ciwon fuska, rashin lafiya, da sauri a cikin jini wanda ake samu lokacin tabarbarewa.

Wannan hanyar ta iya bambanta ta wurin halittu, kuma wannan bambancin na iya tasiri sosai akan yadda alkawari ke shafar jikin mutum da haɗarin da yake haifarwa.

Tsauraran halitta.	Halittu.	Abin da wannan ke nufi ga farfadowa naka.
ADH1B mai saurin canji (rs1229984).	Alkohol ya mayar da kansa zuwa acetaldehyde ne cikin sauri, kuma wannan sinan mai illa na tara ne sosai fiye da yadda jikin zai iya kawar da shi ta hanyar enzyme mai suna ALDH2.	ADH1B mai sauri da ALDH2 mai rafi na iya haifar da matsalar ciwon kai, amma hakan yana ba kyan gani wajen hana shan giwa sosai. ADH1B mai sauri da ALDH2 mai sauri suna taimakawa a cikin jikin mutum, amma hakan na iya

		jawo yawan shan giwa. Sannu da abin da ke faruwa a jikinka.
ALDH2*2 variant (rs671) - gene ɗin da ake kira "Asian flush".	Yana rage ko kawar da enzymes da ke tsarkake acetaldehyde. Mai heterozygosity (*1/*2): kusan 50% na aikin enzyme, yana haifar da fushin fuska. Mai homozygosity (*2/*2): kusan babu wani aiki, yana haifar da illa mai tsanani.	Mutum da ke da ALDH2*2 mai zurfi a jikinsa, shan kwalba yana da hatsari — acetaldehyde na ƙaruwa zuwa matakin da zai iya cutarwa kowane lokacin da ake shan kwalba. Wannan yanayin yana hana AUD (cutar da ta haɗa da sha'awar kwalba), amma ba sa hana wannan cuta; wasu mutane suna ciwon kwalba duk da wahala, kuma su kan samu cutar da ke lalata jiki sosai.
ALDH2*1/*1 (nau'in asali).	Cikakken damar watsi da acetaldehyde - mafi yawan nau'in a cikin al'umomin Turai.	Babu wata matsala a jikin da ke hana shan kwalba daga wannan hanya. Wasu nau'in halittura (GABRA2, OPRM1, COMT) su ne ke sa mutum ya iya zama mai ciwon ƙwayar cuta. Lalacewar ɗan kadan na jini wanda ake samu sakamakon shan kwalba sosai har zuwa lokaci-lokaci yana faruwa, ko da an yi amfani da ALDH2 yadda ya kamata – adadin kwalban da aka sha ne ke sa jinin ya lalace.

Abin da Ciwon Ruhaniya na Tsufa Ya Haifar Jikin Ka – Bayan Kwakwalwa.

THE CENTURION — Tsarin duka ya shaidawa.

Shafin ba kawai maganin da ke damfara kwakwalwa ne. Shekaru na shan shafi sosai suna haifar da tasiri ga jiki, kuma dole a kula da wannan a lokacin maye gurbin lafiya, tare da gyaran tsarin kwakwalwa.

- Jini: Ciwon ganci mai nau'i na "fatty liver" → ciwon hepatitis da ake samu saboda shan kwalba → cirrhosis, shi ne yadda abin yake faruwa idan ana shan kwalba sosai kuma ba a kula da hakan ba. Ko ma ba da ciwon cirrhosis ba, yawanci ajiya ta jini tana lalacewa, wanda ke shafar yadda jiki ke sarrafa kowane magani da karfe (supplement) da ke cikin wannan littafin. Ya kamata a duba ajiya ta jini (LFTs) a farkon kokarin samun lafiya.
- Matsalar ƙarancin Thiamine (B1): Alkawari yana hana jikin shan thiamine. Matsalar muhimmin ƙarancin thiamine na iya haifar da Wernicke's encephalopathy, wanda ke nufin matsala mai tsanani a gaba ɗaya ta hanyoyin sadarwa, wacce take hada rashin fahimta, yanayi mara kyau a idanu, da rasa ƙwarewar motsi. Idan ka sha alkawari sosai kuma kana fuskantar wasu alamun laifi, yi sauri zuwa asibiti. Maganin da ake amfani da

shi shine thiamine (B1) a adadin da ya fi yawa. Wannan ba wani abu ne da za'a iya kula da shi ba — yana nufin matsala mai tsanani ta lafiya.

- Rashin magnesium: Shaƙo yana ƙara yawan magnesium da ake fitarwa ta cikin kwalba sosai. Rashin magnesium na haɓaka damar tashin tsoro, tsarin barci mara kyau, cutar zuƙi, da kuma damar ciwon fitsari — waɗannan abubuwan sun fi yawa a lokacin janye daga shaƙo. Cika raguwar magnesium shi ne mafi mahimmancin magani da za a yi wajen warshawar mutanen da suka daina shan shaƙo.
- Ciwon hanji da lalacewar ƙwayoyin cuta: Shaƙin abin sha yana lalata bangaren ciki, ya bata tsari ga ƙwayoyin cuta, kuma yana haifar da buɗe wuri a cikin hanji ('ciwon hanji'), wanda ke haifar da ciwon jini a dukkan jikin mutum, canje-canje a yanayin zuwa, da son abin sha. Tsarin hana ciki da makarkashi (Protocol 09 da Centurian Paper 18 a cikin babban littafin) wani muhimmin bangare ne na gyara.
- Matsalolin zuciya: Sha inabi sosai na tsawon lokaci na iya haifar da cutar zuciya, rashin tsari a bugawar zuciya (musamman atrial fibrillation), da ƙara yawan blood pressure. Tantana zuciya ya zama wani ɓangare na binciken likita da ake yi a farkon zaman lafiya.
- Rashin ƙarfi na jikin hana cuta: Sha ruwan sha akai-akai yana rage yadda jiki ke hana cuta. Mutane da dama a farkon zamanin samun lafiya daga shan taba suna da rashin ƙarfi a jikinsu. Abinci mai gina jiki da barci su ne mafi mahimmancin abubuwa don gyara rashin ƙarfin jikin hana cuta.

Sashe na 2 - Tsarin Genetikarka.

Matsalar amfani da man shaidan tana da wata matsala mai yawa ta halitta, kusan 50-60%. Wannan ba abu mara gamsarwa ba ne. Shi ne halin jikin mutum, kuma za a iya fahimtarsa, yin aiki da shi, da magance shi. Tsarin halaye na *Recovery Kernel* yana bayyana waɗanne tsarin jiki na musamman da suka sa man shaidan ya zama abu mai buƙata, kuma wane tsari ne da ake bukata a gaggawa don taimakawa wajen samun lafiya.

Panelin gwajin DNA don farfadowar sha.

Jini.	Abin da yake sarrafa.	Kewayon bambance-bambance.	Ba daidai ba ne.
GABRA2	GABA-A receptor α-2 ƀangare – yanayin hana.	rs279858 / rs279845 mai haɗin gaskiya.	Wannan shi ne mafi mahimmancin gene da ke cikin tsarin *Recovery Kernel* wanda ya shafi shan taba. Nau'in halitta masu haɗari suna rage yawan GABA, wanda shine "brakes" na kwakwalwa — wannan abin yana aiki ne a matakin ƙaramin ƙarfi. Taba na iya motsa wannan tsarin da yake da rauni, kuma hakan na iya ba mutum sauƙi mai ban mamaki ga irin halittarsa. Don haka, wajibi ne a gina wani sabon tsari don tallafawa GABA — kamar magnesium, hanyoyin da suka dace, da rage stress — kuma su zama babban burfin farfadowa.
OPRM1	Mu-opioid receptors - mayuƙin al'ajabi da tasirin endorphin, da kuma amsar haɗin zamantakewa.	A118G (rs1799971)	Mutanen da suka da nau'in jini na A118G suna samun yawan fitar da dopamine a cikin wani sashi na jiki mai suna nucleus accumbens, lokacin da suke sha ruwan inabi — wanda ke nuna alamar jin dadin da ya fi na mutanen da suka da nau'in jini na A/A. Wannan shi ne babban abun da yake bayyana yadda Naltrexone zai yi a ga mutan da ke fama da ciwon rashin niyya sha ruwan inabi. Idan kana da nau'in jini na A118G, yana yiwuwa Naltrexone ya fi tasiri maka fiye da sauran marasa lafiya. Ka sanarwa likitanka game da wannan.
COMT	Saurin yadda jikin ke fitar da sinadirin	Val158Met (rs4680)	COMT mai rawa mara sauri (Met/Met, yanayin Sage) yana da yawan adadi a cikin cutar amfani da

	dopamine da damuwa.		man shaidan — idanu masu damuwa waɗanda ba za su iya kwantar da kansu suna ganin cewa GABA na man shaidan shi ne mafi kyawun hanyar kashewa. Tsarin warshawa na damuwa shine babban tsari don wannan yanayin. COMT mai rawa mai sauri (Warrior) kuma yana bayyana — mutanen da suke shan man shaidan kawai suna neman ƙarfafawar dopamine daga sakamakon dopamine na man shaidan.
ALDH2	Aldehyde dehydrogenase 2 - tsarkake acetaldehyde.	rs671 (*1/*1, *1/*2, *2/*2)	Wannan abu na da muhimmanci don fahimtar yawan hadarin da ake fuskanta da lalacewar jiki. *2/*2 mutanen da suka haɗaka, duk da matsalar wahala, suna da lalacewar ƙungiyoyin jikin da ke faruwa sakamakon acetaldehyde, kuma tsarin gyara na yadda ya kamata ya ɗauki wannan. Tantana ajiya ta koda (liver) yana da wajibi. N-acetyl cysteine da abubuwan da suka dace don tallafin koda suna da mahimmanci sosai.
ADH1B	Alƙawarin dehydrogenase - yana canzawa da alkawari zuwa acetaldehyde.	rs1229984 (sauran da na juyin halitta).	ADH1B mai sauri (allele na His48) yana samar da acetaldehyde cikin sauri - wanda ke ba da wasu nau'o-nau'in hana, amma kuma yana iya haifar da fitar da kwayoyin halita masu cuta cikin sauri idan ana ci gaba da sha. ADH1B mai ɗan sauri yana ba mutane damar shan ruwan sha sosai kafin adadi mai yawa na acetaldehyde ya tara - wanda ke hadda ƙarin haɗari ga AUD a wasu al'umma.
MTHFR	Methylation - tushen dukkan sintezar mai da hankali.	C677T (rs1801133), A1298C (rs1801131)	Shaɓi yana rage adadin folate kuma yana cutar da methylation. A cikin mutanen da suka da alamar MTHFR, wannan ya ƙara wani ɓarna - wanda ke haifar da tsarin hana samarwa na neurotransmitters. Ƙarin abinci mai gina jiki na 5-MTHF da methylcobalamin shine mafi mahimmanci kuma sau da yawa yana inganta saurin dawowa a cikin wannan yanayin.
DRD2 / ANKK1	Matsayin mai karɓar dopamine D2.	Taq1A (rs1800497)	A1 allele (tsarin ƙarancin D2) yana da alaƙa da cutar amfani da man shaidan ta hanyar tsarin Reward

			Deficiency Syndrome. Man shaidan yana baɓɓuwar dopamine ga babban daji wanda yake da ƙarancin dopamine. Gyara dole ne ta haɗa wasu hanyoyin samar da dopamine – wannan hali bai zai iya samun jin dadin rashin amfani da man shaidan ba, sai dai a yi tsari don samu damar jin dadin abubuwa.
SLC6A4 / 5-HTTLPR	Farin serotonin mai jigilar.	Alalun banza / ɗandana.	Mutanen da suke ƙanƙantar da abinci suna da yawan damuwa kuma suna cikin haɗari ne sosai na kamuwa cutar AUD — musamman ga waɗanda suke shan taba saboda damuwa. Gyara serotonini ta amfani da 5-HTP, 5-MTHF, da abinci mai tryptophan yana magance wannan matsala a jikinsu. Ana iya amfani da SSRIs idan yanayin ya hau— yi magana da likita.
CYP2E1	Cytochrome P450 2E1 - yana sarrafa fitar da abubuwa daga jini a cikin ciki; yana haifar da sinasar iska mai cutewa.	Abubuwa masu bambanta da yawa (rs2031920, rs3813867).	Wannan yanayin CYP2E1 na iya haɓaka damar lalacewar jini da kuma ciwon ƙungiya saboda yawan oxidative stress daga narkewa na man shaidan. N-acetyl cysteine (NAC) da abubuwan hana lalacewar jini (ƙwayoyin glutathione, alpha-lipoic acid) suna da muhimmanci a wannan yanayin.
CYP2C19 / CYP2D6	Yawan maganin da ake amfani da su wajen warƙewar sha.	Matsalolin da suka haɗa da sauri ko kuma dan kadan na yadda jikin mutum ke sarrafa magunguna.	Yana shafar yadda jikin gilasa Naltrexone (CYP3A4), Acamprosate (ba a gilasa ba - ta hanyar koda), Disulfiram, da wasu magunguna da ake amfani dasu wajen kula da cututtuka masu tasiri. Mutanen da suke shan maganin da jikinsu ke gilasa a sauƙi suna samun ƙimar magungunan sosai; kuma waɗanda jikinsu ke gilasa magunguna cikin sauri ba sa samu amsa mai yawa. Wannan abu yana da mahimmanci don inganta yadda ake amfani da magunguna.

Phenotyping ba tare da sakamakon gwaje-gwaje ba.

Takaitun bayanai na kayan aikin tantana cuta suna amfani kai tsaye anan. Tambayi kanka:

- Shin ruwan sha ya saka ku cikin wani yanayi na jin dumi – rage damuwa, kwantar da tunani, sauƙa wa yanayin zamantakewa? → Wataƙi ce, yana iya

zama sakamakon COMT (Met/Met) mai ƙarfi + GABRA2 mai haɗari. Damuwa ita ce babban abu da kuke son inganta a cikin rayuwarku.

- Shin man shayi maka yasa kai na jin daɗi, ya sa ka yi hulɗa da mutane, ya ƙara kuɗin kai, kuma ya ƙarfafaka? → Wannan yana iya zama sakamakon hanyar samun farin ciki, wanda ke dauke da OPRM1 A118G + yiwuwa COMT. Tsarin endorphin da tallafin dopamine na da mahimmanci.
- Shin akwai tarihin cin abinci da zai iya haifar da cuta a cikin dangin ku, wanda ya kai ga ƙulladi? → Matsalar DRD2 da bambance-bambancen GABRA2 na iya zama abun damuwa. RDS tana iya zama babban batu.
- Shin, alkawari ya haifar maka da wata matsala ta jiki (kamar launin fata, saurin bugawa jini) fiye da yadda wasu suka ji? → Zai iya zama cewa kana da nau'in ADH1B ko ALDH2. Babban abu shi ne kula da lafiyar ɗan adana.
- Antidepressants sun yi maka tasiri mara kyau? Ko abubuwan da ke cike da folate sun taimaka maka? → Yana iya zama cewa akwai al'amarin MTHFR. Ka fara shan 5-MTHF nan take.

Sashe na 3 - Tsarin Tsafta.

⚠ KARA KALLON WAJI YAYIN DA KA KE SHA IN BANZA.

3.1 — Tsarkake Jikin Mai Ciwon: Lokacin Da Ya Zama Tilas

THE CENTURION - Layin da ba za a iya wucewa ba ba tare da goyan bayan likita.

Tabbas, an sami wasu alamomin sakamakon rabuwa da man shaidan, kuma wannan zai iya faruwa ba tare da sanarwa: damuwa → raushi → fargama → girgiza → delirium tremens → mutuwar. Wannan tsari na iya fara ne cikin sa'o 6 zuwa 48 bayan karin kofi na ƙarshe a wanda yake dogon amfani da man shaidan.

An tilasta yin tsarkake jikin da aka shirya – ba shawarar ba ce, ana tilanta – idan ka cika kowane ɗaya daga waɗannan buƙatun:

- Kana shan ruwa kullum, kuma kana haka na fiye da makonni 2-3.
- Idan kana ji da alamun gajiya tsakanin lokuta da kake sha ruwa, kamar girgiza, yashi, sauri na zuciya, rashin lafiya, da damuwa wanda ruwan in shiga ya kawar da ita.
- Ka taɓi samun wuya lokacin da kake rage shan giya?
- Ka taɓi cikas ko rashin lafiya wanda ya haɗa da:
  * Rashin tabbas
  * Hanyar gani mara kyau
  * Zubar jini
  * Tausayi
- Kana kuma amfani da benzodiazepine ko wasu abubuwa masu GABA – juyawar da ta haɗe tana da hatsari sosai.
- Kana da wani nau'in GABRA2 mai hadari – idan kana san wannan, sanar da tawaga ta gyaran halaye.

Menene da ake kira "Medical Detox"

[Babu abin da za'a iya rubuta anan.]

Tafarkin sakewa da ake yin a asibiti ba gida: Yana yiwuwa ga mutanen da ke da ƙaramin matakin dogon lokacin amfani da kwayoyi, kuma suna cikin wuri mai tsaro a gida, sannan suke samun kulawar likita kwana-kwana. Ana bayyana magungunan Benzodiazepine (kamar diazepam ko chlordiazepoxide) don hana hawan fitsari yayin da jikin ke sake gyara.

Tafiyar da janyewa daga ƙwayoyi a asibiti: Yana buƙata ga mutanen da suke da matsalar amfani da ƙwayoyi sosai, waɗanda suka samu ciwon fitsari a baya, masu GABRA2 high-risk profile, ko kuma waɗanda ke da wasu cututtuka, ko kuma ba su da wuri mai aminci don yin janyewa. Za'a yi wannan tafiya na tsawon kwanaki 3–7 tare da sa ido kai tsaye.

CIWA protocol: Binciken Alkaloli na Cibiyar Likita don Tantance Matsalolin Janyo Magani – wani kayan aiki da ƙungiyoyin likitoci suke amfani da shi domin tantance matsalolin janyo magani da kuma kula da su. Tambayi ƙungiyar ku ta janyo magani game da wannan. Fahimtar wannan tana taimakawa wajen bayyana alamun ku yadda ya kamata.

⚠ BA ZA KA MAYE GURAN ABIN DA AKA GYARA DA MAGANI DON TSARKATAWA A HALIN DOGON ZAFFAFIYA BA. ABUBUWAN DAKE YAYYAKE BA SU HANA FADUWAR WUTA.

Ana fara amfani da abubuwan ƙarin da peptides a cikin wannan jagorar bayan an kwantar da jikin mutum – ba domin maye gurbinsa ba. Idan ba ka da yakin lafiya, ko kuma bayan ka kammala tsarin gyaran lafiya na asibiti, tsarin sake gina jiki da ke ƙarƙashin wannan rubutun ya yi aiki sosai.

3.2 — Tsarin Zaman Jinin Tashi: Bayan Tsarkakewar da aka kula ta likitoci.

THE CENTURION — Abin da hankalin ke motsa shi.

Lokaci.	Biyoloji.	Alamar cuta.	Menene da za a yi?
Sa'o'i 6-24 (idan ba tare da kula na likita ba - nemi taimako).	Tsarin GABA na faduwa yayin da alkawari ke barin jiki, kuma tsarin glutamate na ƙara yawa ba tare da kulawa ba.	Taurin jiki, yawan wuya, damuwa, saurin buga zuciya, rashin jin daɗi, wahala cikin barci.	Wannan wani batu ne na lafiya. Kira likita, je zuwa asibiti ko kiran Gaggawa: Gaggawa: 112. Kada ka yi ƙoƙarin kula da wannan matsala kaɗai idan kana da al'adar narkewar kwalben miya.
Sa'o'i 24-72 (lokacin da rikicin lafiya ya fi yawa).	Matsalar GABA da glutamate, wanda ke haifar da rashin daidaito; ƙimomin cortisol sun tashi sosai; tsarin sarafansa na jiki ya lalace.	Tausayin da keɓan ciki, rashin fahimta, yiwuwa ga faretal, haɗarin ciwon fitsari.	Ana buƙatar kula da likita ga mutanen da suka dogara ne akan magani. Idan ana karkata a ƙarƙashin kulawar likita: ana amfani da tsarin benzodiazepine don sarrafa rashin GABA. Sa'annan, fara bayyan shinkafa (B1) cikin gaggawa - hana Wernicke's na da mahimmanci.
Ranar 3-7 (kwantar da hali).	Matsalar lafiya ta wani lokaci ta kawar, tsarin GABA na fara samun alƙalala; glutamate yana daidawa;	Matsalar wahala mai tsanani, rashin jin daɗi, wahala cikin barci, damuwa, rashin iya tunani, kuma sha'awar	Ka fara amfani da abubuwan da za su taimaka. Barci shine abu mafi mahimmanci - idanun da ke sake samun lafiya suna buƙatar shi sosai. Ka fara

	amma har yanzu akwai wahala sosai a cikin sinadarorin tsohuwar jiki.	abubuwa masu ƙarfi.	tsarin abinci - jikin da ya lalace yana buƙatar kayayyakin gina. Kar a damu da gajiya.
Watan 1-4 (Sama da Sabon Rayuwa).	Yawan GABA receptors na da alƙalawa; glutamate na daidaita; tsarin dopamine da serotonin na fara gyara; jini ya fara dawowa a cikin ciki.	Tausayin damuwa mara daidaito, rashin farin ciki, matsalolin barci, sauye-sauyen hali, kuma al'adar da ke zuwa ne a wasu lokuta ba sa kai tsaye.	Ana aiwatar da dukkanin tsarin abinci na ƙarfi. Karatun motsa jiki ya fara - BDNF shi ne alamar gyara. Yiwuwa a samu wasu alamun PAWS - ga sashe na 3.3. Fara lura da hanyoyin aikace-aikace (sashe na 7).
Watan 1 – 6.	An samu babban inganta a cikin masu karɓar sigogi na GABA; sake gina serotonin da dopamine; jini ya fara warkewa idan an daina shan taba; ƙayatar magudanaro ta fara girma (shan taba yana haifar da raguwar ƙayatar magudanaro, wanda ke ɓarke a lokacin rashin shan).	Ci gaba da inganta hali, amma akwai wani wahala a wasu lokuta; bayanin tunani yana sake faruwa; damar jin zafin rai tana ƙara; barci ya daidaita; lafiyar jiki ta inganta.	Lokacin da jinin ya fara zama wani abu, ba kawai rashin wani abu. Idanun na gaba suna sake gyara kansu, kuma wannan yana iya ganuwa a taƙaɓar MRI. Aikin da aka yi yanzu zai ƙayyade ingancin shekaru goma masu zuwa.
Watan 6 – 24+.	Kwantin kwashi ya daidaita, tsarin GABA da glutamate sun daidatu; matakin dopamine da serotonin ya koma yadda yake a asali; lafiyar jini ta daidatu sosai a yawancin mutane ba tare da ciwon jaundice ba.	Yawan motsin rai da fahimta suna cikin halin yadda ya kamata; yawanci, sha'awar shiga cikin abubuwa masu cutarwa ta danganta da yanayi; jin dadin rayuwa ba tare da narkewa ba yana nan.	Wannan babban maganin da ke nuna cewa, a lokacin wani mutum ya daina shan kwalba na tsawon watanni 12 zuwa 24, ana iya gano canje-canje masu kyau a cikin ƙungiyar jini ta makoshi. Wannan yana daya daga cikin abubuwan da ke nuna cewa samun wani lokaci mai tsawo ba shan kwalba ya zama abu mai mahimmanci.

3.3 — Matsalolin da ke faruwa bayan wani ya daina shan kwalba.

⚠ WASWARI NA PAWS ZAI YANA DADIN TSAYE HAR MAFIYAR SHEKARU 2. WANNAN BA DALALI BA CE. ANE NE TA BIYOYIN JIKI.

Matsalar sakamakon rabuwa da man shaidan bayan wani lokaci tana tsayin dadi kuma za ta iya zama mai tsauri. Tsarin GABA da glutamate waɗanda suka kasance

cikin matsala na dogon lokaci ba sa sake daidaitowa, kuma ba su cigaba da kasancewa a matsayin daidaitawa — suna canzawa ne a yayin zamanin rabuwa, wanda ke haifar da wasu alamar damuwa, rashin farin ciki, wahala cikin barci, da sha'awar sake shan man shaidan waɗanda za su iya zama irin abin da ake ji a farkon rabuwa.

PAWS yawanci ana samu saboda: damuwa, rashin barci mai kyau, cuta, wahala, rikici, abinci mai sukari, caffeine, da kuma shiga wajen abubuwa da ke tunsaɗe ga alkawari. Genotype na GABRA2 wanda yake nuna babban haddasa damuwa yana da alaƙa da PAWS mai tsanani da ɗauke.

Lokacin da wani lamari mai tsanaki ya faru: koma zuwa Dokokin 01 (Wajen Tsare) a cikin littafin. Karu da magnesium. Kira wadanda za su taimaka maka. Kada ka ɗauki wannan lamarin a matsayin alama cewa baƙon abu na gaskiya. Shi ne tsarin jinin ke canzawa, ba ya lalacewa.

Sashe na 4 - Sake Gine-ginen Mai Ganye.

Wannan sashin yana magantar sake gyara wa tsarin gaba biyar da man shaidan ya lalata: tsarin GABA/glutamate, dopamine, serotonin, tsarin opioids/endorphins, da kuma tushen methylation wanda ke ƙarƙiɗe duk sinadirin neurotransmitters. Waɗannan ba su yi iyawar gyara a jere ba; ana gyaran su ne a cikin layi ɗaya, kuma tsari ya dogara ne akan yanayin genomic na kanka da yadda ake gani a asibiti.

Tuntuɓi likitan ku ko mai magani kafin fara amfani da kowane abu, musamman saboda matsalar jini wacce ta fi yawa a cikin mutanen da ke kokarin warƙewa daga shan taba. Wasu abubuwa masu ƙarfi na iya zama mara amfani ga mutanen da suke da cuta a ciki.

4.1 — Tsarin Bikin Abinci na Gaggawa.

THE CENTURION - Jikin ya mutu da yunwa, amma shan abinci ya ci gaba.

Yawan shan kwalba na tsawon lokaci yana haifar da matsalar abinci mai wahala wacce dole ne a yi magani kafin sauran abubuwan da za su taimaka wajen jinin. Idan mahaifa bai sami abinci yadda ya kamata ba, ba zai iya samar da sinadari ba. Sinadarorin ba za su canzawa ba idan babu wasu abubuwa. Abubuwan da ke taimakawa wannan canji sun lalace saboda shan kwalba na tsawon shekaru.

Abinci.	Matakin mahimmanci.	Adadin da za'a yita.	Me yasa wannan abun da ake kira 'nutrient' ya zama abu mai mahimmanci wajen warshawar mutanen da suka sha kwaya?
Thiamine (Vitamin B1)	Kwanan, Ranar 1.	100-500mg yau da kullum.	Wannana cutar Wernicke's encephalopathy na iya hana ta. Alkawari yana hana jikin shan thiamine — ƙarancin da ya kai tsarin zai haifar lalacewar tsarin sarafansa wanda bai yuwu a gyara ba. Idan akwai rashin lafiya, matsalar tunani, ko alamar motsa ido, dole ne a yi amfani da thiamine a matakin gaggawa ta hanyar intravenous (IV) — tafi asibiti. Ga sauran mutane: thiamine shine abu mafi mahimmanci da za a sha a ranar farko na jinya.
Magnesium glycinate.	RANNA NA YAU, RANAR TA FIYU.	400-600mg na abubuwan da ke cikin shi, kowanniya.	Shaɓi yana ƙara yawan fitar magnesium a cikin jini ta hanyar tsutsotsin. Rashin magnesium na iya haifar da ciwon fitsari, cutar zuƙo, damuwa, da rashin barci — waɗannan alamun suna da yawa a

			lokacin da ake kokarin wanzu daga shan shayin. Amfanin glycine ne mafi kyau don karɓa da kuma tasiri ga jikin mutum. Yana da kyau a rarraba adadin da za'a sha a safiya da daddare.
B-Complex (mai gyara gaba).	High - Ranar 1	B-vitamins na gaba da nau'in da aka gyara.	Alkawan yana kawar da vitamin ɗin B gaba ɗaya: B1, B2, B3, B5, B6, B9, B12. Yi amfani da vitamin B mai zurfi wanda ya haɗa da nau'o'in da aka methylate (methylcobalamin, methylfolate) - ba cyanocobalamin ko folic acid ba. Tsarin methylation da aka kawar masa bai iya canzawa zuwa nau'o'in da ba su da aiki.
5-MTHF (L-methylfolate)	High - Ranar 1	400-1000 mcg kullum.	Alkawan yana kawar da furotin, kuma ƙarin furotin na yawa ba zai warware matsalar MTHFR. 5-MTHF ya wuce enzyme ɗin MTHFR kuma yana samar da furotin mai aiki kai tsaye zuwa hanyoyin samar da neurotransmitter. Yawanci, hakan na iya haɓɓakar yanayin mutum cikin kwanaki 1–2.
Zinki.	High - Ranar 1	Kashi 25-30mg kullum da abinci.	Shaɓi yana kawar da zinc a jiki. Zinc yana buƙatar aikin GABA, samarwa na dopamine, tsarin rigakafi, da kuma warshiya. Samun lafiya daga shaɓi yana sa duk waɗannan sassa su yi aiki ne a wani lokaci. Zinc shi ne mineral ɗin da ke taimakawa wajen gyara wannan yawan sassan jikin.
Vitamin D3 + K2	Mai girma - Mako na 1	3000-5000 IU na D3 da kuma 100mcg na K2, kullum.	Mutanen da suke shan giwa sosai galibi suna da ƙarancin Vitamin D. D3 yana sarrafa yadda jini ke aiki, yanayin zuciya, tsarin rigakafi, da kuma samar da GABA. K2 yana tabbatar da cewa calcium da D3 ke kawo ta wuraren da ya kamata, wato iska, ba sa kai ga arteries. Sha wannan abinci ne tare da abincin da yake da mai don yadda zai shiga jiki.
Vitamin C	Ba daidai ba ne.	500-2000mg kullum, an rarraka.	Mai hana lalacewa mai ƙarfi wanda ke kawar da matsalar lalacewa da ta haifuwa sakamakon rabin jini. Hakanan yana tallafawa samar da collagen (man shaidan, tsarin narkewa, da kuma kayan aikin jiki), aikin tsarin rigakafi, da samar da

			dopamine (mai taimakon enzyme na dopamine beta-hydroxylase).
Mai da protein da amino acid.	High - Ranar 1	Kowane kilo na nauyin jikin, yanke gram 0.8 zuwa 1 a rana.	Alkawan yana rage yunwa kuma yana bada kalori mara amfani waɗanda ke hana jikin shan abinci mai gina jiki. Saboda rashin amino acid, jikin ba zai iya samar da neurotransmitters ba, ko da akwai kayan aiki. Abincin da ke da cakuda protein ne. Ka ƙara 30–50g na protein a kowane abinci. Kayayyakin da za su maye gurbin protein sun haɗa da: eggs, fiski, kaza, Greek yogurt, legumes. Idan yunwa ta rage, za ka iya sha protein shake.

4.2 — Sake gyara tsarin GABA.

THE CENTURION - Sake gina tsarin murjayya da an yi amfani dashi shekaru da dama.

Tsarin GABA baya sake ƙirƙirar shi ta hanyar ƙarin abubuwa kamar yadda tsarin dopamine zai iya samun wani matakin tallafi ta amfani da abubuwan da ke taimaka wa karkatar da shi. Kara yawan GABA receptors (upregulation) wani abu ne da ya faru ne a cikin jiki, kuma yana faruwa ne ta hanyar barin abubuwa (abstinence) da lokaci. Abubuwan ƙarin da ake samu suna iya taimakawa wajen samar da yanayi da ke ba da damar wannan ɗimbin GABA receptors na samun nasara da amincin.

Karin/ hanyar.	Adadi.	Lokaci.	Ranan da GABA ke yi wajen samun lafiya.
Magnesium glycinate (magnesium glycinate)	300-400mg na abubuwan da ke cikin abu.	Safe da yamma.	Magnesium shi ne mafi mahimmancin abubuwan da ke tallafawa GABA. Magnesium yana hana aikin NMDA — yana rage tasirin glutamate — KUMA yana buƙatar GABA synthesis — KUMA yana ƙarfawa aikin GABA-A receptor. Yana magance rashin daidaito tsakanin GABA da glutamate daga bangare biyu a lokaci guda. Babu wani abu mai amfani kamar wannan don tallafawa tsarin haɓakar GABA a mutanen da ke fama da sakamakon shan taba.
L-Theanine	200-400mg	Idan ya zama	Yana ƙara GABA da glycine;

		abu na gaske, musamman lokacin da ake buƙata.	yana haɓaka yanayin alpha-brainwave. Ba ya kawo barci. Ba zai iya haifar da ƙwayoyin halitta ba. Yana samar da kwantar da hankali na gaske, ba tare da damar addikti wacce ke cikin benzodiazepines, wanda hakan yana da mahimmanci a lokacin farfadowa daga shan taba, inda maye gurbin benzodiazepine ya zama gwarzon matsala ta sake fallasa.
Taurine.	500-2000mg kullum.	Tare da abinci.	Taurine wani abu ne mai amfani wanda ke shafar GABA, kuma yana aiki a GABA-A receptors. Shaɓi yana rage taurine sosai. An yi nazarin ƙara taurine a lokacin da ake kokarin warƙewa daga shaɓi, kuma an gano cewa yana taimakawa wajen kawar da damuwa da kare jini. Wannan abu yana da abubuwa biyu: yana kwantar da tsarin haɗari KUMA yana kare ɗan ƙungiya.
Inositol.	2-12g yau da kullum (kara adadi kadan-kadan).	Adamu da abinci.	Yana da tasiri akan GABA da kuma masu karɓar serotonin. Kashi mai yawa na inositol yana da shaida cewa yana taimakawa wajen damuwa da kuma OCD - waɗannan abubuwa sun fi yawa a cikin mutanen da ke kokarin warƙewar shan kwalba. Yana ƙarfawa hanyoyin sadarwar insulini waɗanda aka lalata ta sakamakon tsarin jinin da ya bambanta saboda shan kwalba.
GABA (wata magani).	250–750mg	Yamma.	GABA ba sa wuce garkwallin jini zuwa kwakwalwa cikin sauƙi. Duk da haka, GABA receptors a jikin mutum da GABA activity a ciki suna taimakawa wajen numfashi, kuma wasu gwano sun nuna amfaninsa wajen magance damuwa. Phenibut (wanda ke ɗauke da GABA) ba a bada shawara ba – yana iya haifar

			da ƙwayar cuta kuma yana maye gurbin yadda jikin yake amsa GABA da wani abu mai haɗari.
Extrak lemon balm (Melissa officinalis).	300-600mg daidaitacce.	Yamma.	GABA transaminase inhibitor - yana rage yawan GABA da ake lalatawa, wanda ke ƙara adadin GABA da jiki yake amfani da shi. Yana da tasiri mai sauƙi na kawar da damuwa. Ɗaya daga cikin mafita masu amfani kuma marasa haɗarin addikti waɗanda za su iya tallafawa GABA. Ya fi amfani a tsakanin makonni 2 zuwa 8, lokacin da damuwa ke zama babban matsala.

4.3 — Sake gina serotonin da dopamine.

Lokacin da matsalar abinci ta warware kuma tsarin GABA yana samun taimako, sake gina serotonin da dopamine zai zama babban burin a jikin mutum. Waɗannan tsarin sun lalace saboda shan kwalba, kuma su ne tushen rashin farin ciki, rashin jin dadin rayuwa, da rashin ƙarfi wanda ke haifar da koma baya a cikin kokawar warware shan kwalba.

Ba wani abu da za a saka.	Adadi.	Lokaci.	Ba wani abu.
5-HTP (gabatarwa ga serotonin).	50–200mg	Yamma - minti 30 kafin barci.	Serotonin yana ragewa saboda amfani da man shaidan na dogon lokaci. 5-HTP yana ba da abun da zai taimaka wajen samar da serotonine. Ka fara da 50mg — idan ya yi kyau, ƙara adadin. Kar ka haɗa shi da SSRIs ko SNRIs ba tare da shawarin likita (saboda hadarin serotonin syndrome). Kar ki sha a safiya idan samun wani yayi miki mamaki. Shafe ne a daren don taimakawa wajen samar da melatonin don barci.
L-Triptofan.	500–2000mg	Yamma, wajen barin abinci mai cakuda suko	Wata hanya ko wata magajiya ga 5-HTP — wacce ta fi ɗan sauri a sakewa saboda

		(protein).	buƙatar ƙarin matsaicin canji. Zai iya haifar da ƙaramar yawan abubuwa fiye da 5-HTP a mutanen da suke da tsattsanin halaye. Haɗuwa tryptophan da 5-HTP a ƙananan adadi na kowannensu ita ce hanya ga waɗanda suka ji cewa kowane abu ne ya haifar wata matsala.
L-Tyrosine / NALT	500–1500mg	Safe, ba tare da furotin ba.	Abin da ke samar da dopamine. Yana da amfani ga rashin jin dadin rai da ƙarancin motsi wanda ake samu a lokacin kwantar da jini daga shan alkawari — musamman a cikin mutanen da suka fi yawan COMT ko kuma waɗanda suke da ɓangar ba DRD2, inda samun damson dopamine ya zama abu mai mahimmanci. Idan za a yi amfani da shi, fara bayan kwanaki 7, lokacin da matsalolin farko suka rage. Kar a yi amfani dashi tare da MAOIs.
SAMe	400–800mg	Safe, ba tare da abinci.	Mai samar da methyl mai wahalhalu - yana ba da goyan baya kai tsaye ga sintezir na dopamine da serotonin, da kuma hanyoyin methylation waɗanda ke sarrafa su. Akwai shaida game da cutar numfashi a lokacin farfadowa daga shan kwalba. KYAUKIN: ba shi da amfani ga mutanen da suka fiye da yawa; zai iya haifar da mania. Duba tsarin CYP tare da kowane magunguna. Ƙara adadi kadan-kadan.
Rhodiola rosea	300-600mg	Safe.	Tsauraran daurin dopamine da serotonin; mai sassauƙa jiki; anti-fatigue. Yana da ƙaramin tasiri na hana damuwa, kuma akwai babban tushen shaida. Ya fi amfani a makonni 2–8 lokacin da wahala da rashin ƙarfi ke nan, amma kawai amsar da ake samu ba su isa ba. Kada

			ku sha shi a yammacin rana — yana da sauri.

4.4 — Tsarin Tallafin Ciwon Garkoki

THE CENTURION - Gudanar da dukkan ayyuka, yanzu ya kamata a gyara.

⚠ Idan kana da cutar ciwon gan, cirrhosis, ko kuma matakin LF (LFT) ya yi yawa sosai, tuntuɓi likitanka kafin ka fara amfani da kowane abu mai ƙarin abubuwa. Wasu abubuwan da ake ƙara wa jikin mutum suna iya damun ɗan adon mutane da suka samu cutar gan, duk da cewa su kyau ne ga mutanen da ba su da wata matsala a cikin dan adonsu.

Ba wani abu da za a saka.	Adadi.	Lokaci.	Nalalin da keɓancewar jini.
NAC (N-Acetyl Cysteine)	600-1200mg sau biyu a rana.	Safe da yamma, tare da abinci.	Glutathione ta gabatarwa – NAC tana ƙara yawan glutathione, wanda ke da muhimmanci a jini don hana lalacewa da tsarkake jiki. Sha inabi yana kawar da glutathione a cikin jini. NAC na daya daga cikin abubuwan da ake amfani da su don kare jini, kuma hakan yana rage sha'awar shan inabi ta hanyar sarrafa glutamate. Abun da yake da ayyuka biyu.
Tattalin gilashi (silimarin).	140–420mg daidaitacce (70–80% silimarin).	Tare da abinci.	Abin da ake bincika fiye da sauran abubuwa don kare jini. Silymarin yana da tasirin anti-inflammatory, antioxidant, da antifibrotic a cikin jini — wanda ya dace sosai ga cutar jinin da ta samo asali daga shan kwalba a duk matsayin, sai dai kawai matsananciyar cirrhosis. Yana da ƙarfi kuma ba zai haifar da matsala ba. Ɗaya ne daga cikin kaɗan yawan abubuwan da ake amfani da su wanda bayananniya ta tabbata game da tasirinsa ga cutar jinin da ta samo asali daga shan kwalba.
Alpha-lipoic acid (ALA)	Kwanakin 300-600mg kullum.	Kuma, kawai daga abinci don samun mafi	Ruwa da mai masu hulɗa – yana isa sassa da sauran antioksidantai ba za su iya

		kyawun yaduwa.	kaiwa ba. Yana sake samar da glutathione, Vitamin C, da Vitamin E a lokaci guda. Ya rage tasirin acetaldehyde. Musamman ga waɗanda ke da nau'in ALDH2 wanda ke adana yawan acetaldehyde.
TUDCA (tauroursodeoxycholic acid)	250-500mg kowanniya.	Tare da abinci.	Wani abu mai zurfi na asarin bile wanda yana da ƙarfin hana lalacewar jini – yana rage damuwa a cikin endoplasmic reticulum da rashin aiki na mitochondrial a cikin makoginin jini. Ana gano sababbin bayanai game da wannan abu a cutar jini ta shan giwa. Yana da tsada, amma ya cancanci amfani ga waɗanda ke da matsalar lalacewar jini.
Phosfatidilkolin.	1-2 gram kowanniya.	Tare da abinci.	Mai mahimmanci ne a cikin phospholipids don kula da tsayin gwallar selin jini. Sha abubuwan narkewa na iya lalata yawan phosphatidylcholine a cikin jini. Karin abinci yana taimakawa wajen gyara gwallar, samar da ruwan hana cizon, kuma yana inganta aikawar hepatocytes. Hakanan yana ba choline don samar da acetylcholine — wanda yake da muhimmanci don sake fasalciyar tunani.

4.5 — Tsarin Dakatar da Tausayin.

THE CENTURION - Tausayin sha'in alkawari ba bu tambaya ce. Wani abu ne da ke faruwa a cikin jiki.

Taurarin sha'awar shan kwalba a lokacin kokarin samun lafiya yana yadu ta hanyoyi masu banbanci guda uku a jikin mutum — taurarin da ya samo asali ne daga ƙarancin GABA (taurari mai tasiri), taurarin da ya samo asali ne daga ƙarancin dopamine (taurari na neman jin dadin rai), da taurarin da ya samo asali ne daga ƙarancin opioids/endorphins (taurari mai alaƙa da wahala a al'umma da son zuwa). Ganin wane ɓangare ke haifar da wannan sha'awar zai canza yadda kake amsa ta.

Nau'in wahala.	Yadda yake ji.	Cikakken tsauraro.
Karfin zance da ake ji saboda rashin abinci (wanda shine mafi yawan abin da ake ji wajen samun lafiya daga shan kwalba).	Tausayin da ke haifar da damuwa. Tsarin jijiyoyin jiki na aika wani sigina mai alamari. Alkawari yana rage waɗannan alamu. Tausayin da ake ji shi ne tsarin jijiyoyin jiki ke neman abin da zai iya kawar da wannan alamar cikin amincin gaske.	Tsarin numfashi na 4-7-8 - yana motsa igiyar narkewa kuma yana ba da saukin GABA wanda za'a iya ƙidaya. L-theanine 200mg. Sanyawa fuska da riguna - yana motsa rafi, saurin motsa tsarin jiki na narkewa. Magnesium idan ba a sha yau ba.
Karfi mai yawa don abubuwa saboda rashin dopamine.	Tatsiya, launin abu, babu farin ciki. Duniya ba ta da launi. Abubuwa waɗanda yakamata su sa mutum ya ji daɗi, ba suyi hakan ba. Tausayin yana nuna yadda jikin yake neman wani abu.	Kwarin motsa jiki – mafi sauri wajen samar da mai amfani (dopamine). Sanyaya jiki (ta fentin ruwa ko tafiya cikin ruwan sanyi). Tattana da wanda kake jin dadi a tare da shi. Yi mafi kyawun abu daga abubuwan da ke ba ka farin ciki na halita (Sashe 6).
Taurarin opioid/endorphin.	Yawan wahala. Zuciya ta fushi. Son hada kai ko samun wani abu da zai ba ka kwanciyar hankali, amma yana cikin wata hanya. Wannan hali galibi ana miskancewa a matsayin son shan kwalba, amma a gaskiya dai, shi ne son samun wani abu da zai ba ka ji daɗi da ƙaunawa, kamar yadda kwalban ke yi.	Tuntuɓar mutane — idan yiwu, ta hanyar jiki (kamar in yi maka sallama ko in ƙara maka), kuma mafi ƙaramin abu shi ne jin muryarmu. Kada ku izoli yayin da kuke da wannan buƙatar. Saurin motsa jiki yana taimaka wajen fitar da endorphins. Raɗa. Kowane aiki da ke haifar da fitowar oxytocin da endorphins: wasa da dabbobin gida, tuntuɓar jikin mutumin da kake amintawa, motsa jiki ne mai ƙarfi tare da wani.

TAURARON KARFI NA MINTU 5 - YI AMFANI DA SHI CIKIN TSARI.

1. Ba za a iya amsa wannan tambayar ba saboda babu wani abu da ya ke cikin abun da aka bayar don yanke hukunci akan nau'in wahala.
2. Yi tsarin numfashi na 4-7-8. Yi waɗannan ayyuka sau huɗu. Babu wani canji. Wannan shi ne mataki na farko da ake amfani dashi, ba abin damuwa yadda ake ji.
3. Ɗauki ƙarin abubuwa da suka dace. Magnesium + L-theanine don shaƙe buƙatar GABA. L-tyrosine ko Rhodiola don shaƙe buƙatar dopamine (idan yayi safe kuma ba ka dauka). Ba su maye gurbin matsayin 1–2 ba; suna taimakon abin da jikin ka ke yi.
4. Wurin da ake narkewa ya buƙe wani muhalli. Canja wurin, canja abubuwan da ke cikin hankalinka, fita daga gida.

5. Tura wani sako ko kiran waya. Ba don tattaunawa game da sha'awar shan kwalba ba, kawai don kasancewa cikin al'ada. Izolati shi ne wurin da sha'awar shan kwalba ke samuwa.
6. AIKA TA SAMUN NASARA. Daga Sashe na 6. Abin da ya fi ƙarfi kuma yana nan yanzu. Kana koyon canjawa—ba kawai dage ba, amma maye gurbin.
7. Matsaloli, nau'i, tsanaki (0-10), ayyuka, sakamako. Matsalar da aka rubuta ta zama bayanai. Bayanan na zama amfani.

4.6 — Layin Tallafi na Peptides.

Waɗannan peptides na da mahimmanci wajen inganta ayyukan GABA, rage ciwon hawan asali, da gyara jini. Abubuwa masu kyau don bincike – tabbas yi magana da likita.

Fasfurin amino.	Tsarin da ake amfani don warshawar mutanen da suka addaba.	Lokaci.	Notes
BPC-157	Gyara tsarin haɗin gut da makoginin; canje-canje a cikin makogini; sarrafa dopamine da serotonin; hana ciwon ƙungiya; tasiri kai tsaye wajen kare jinjirin.	Ranar farko da kuma kowanne yau – kullum.	BPC-157 shi ne peptide mafi mahimmanci wajen warshawar mutane daga shan taba saboda yana magance uku daga cikin manyan abubuwan da tabar ya lalata: tsarin narkewa (ƙwayoyin narkewar ciki), hanyoyin dopamine da serotonin, da kuma jini. Kara shi a baki ya dace kuma zai iya zama mafi kyau wajen warshafar ƙwayoyin narkewar ciki. Warshawar tsarin haɗin gaba da kwanƙiya na iya zama mafi mahimmanci wajen warshawa daga shan taba.
Selank	GABA da tsaurar da serotonin; mai hana damuwa ba tare da zama cikin magani ba; yana rage damuwa ba tare da jujuwa ba.	Watan 1–8 – kamar yadda ake buƙata don damuwa; kullum idan son GABA yake da karfi.	Selank yana da muhimmanci wajen warshawar shaɓe saboda ƙalubalen GABA na iya haifar da damuwa, kuma wannan damuwar ce ke haifar da buƙatar shan abubuwa da sauri, kuma ita ma ke haifar da rikici. Selank yana magance wannan matsala ba tare da yuwuwar zama addikti kamar benzodiazepines. Ba ya kawo

			lalacewar jiki, kuma bai iya haifar da ƙwayoyin narkewa ba. Ana amfani dashi ta hanyar shigar da shi a cikin kwalƙwal.
Epitalon	Tsarin barci; hanyar pineal; kare telomeres; daidaita tsarin circadian.	Watan 1–4 — tsakanin kwanakin 10, sannan idan ya zama abu na gaske.	Matsalar barci wacce ta taso sakamakon rabin da ake sha, na iya ci gaba don makonnin da dama ko watanni. Epitalon yana tallafawa hanyar pineal wacce shan kwaya a tsawon lokaci ya lalata. Hakanan yana ba jini ƙiyayyar matakin sel ɗin yayin wahala mai yawa da ake ji a farkon sabuntawa.
Thymosin Beta-4 (TB-500)	Mai hana ciwon launin kasa; gyara jini; rage fibrosis na ciki a cikin gwajai.	Watan 1-3 idan wahalar jini ta kasance mai yawa.	Ga waɗanda ke da cutar ganci mai amfani da alkawari, kuma fibrosis ta kasance, TB-500 yana da tasiri wajen hana fibrosis a cikin gwaje-gwaje. Wannan abu ya kamata likita ne saboda wahalar cutar ganci. Ba shi ne maganin farko, amma ya zama muhimmin abu don tattaunawa da likitan da ke kula da farfadowa ganinka.
Semax	BDNF, ƙara yawan sa; gyara ilimi; tallafi ga wuri mai mahimmanci a gabaɗi (prefrontal cortex); tsarin daidaita dopamine da serotonin.	Watan na biyu da kuma bayan haka.	Alkawan yana haifar da raguwar ilimi da kuma tsire-tsire a cikin wani yanki na kwakwalwa mai suna prefrontal cortex. Matsayin BDNF da Semax ke samarwa yana taimakon gyara na kwamfutar, wanda yake faruwa ne lokacin da mutum ya daina sha'in alkawa. Wannan abu ne mai amfani sosai ga wadanda suke fama da rashin haske a kwakwalwarsa da kuma rashin buri a watanni 1-3.

Sashe na 5 - Sake gina barci.

THE CENTURION - Man shaidan bai taimaka maka fafatawa ba. Ya kawar da kai. Waɗannan abubuwa biyu ba su da wani abu.

Ɗaya daga cikin abubuwan da ake yawan imanin game da cutar rashin lafiya ta shan taba shine cewa taba na taimakawa wajen barci. Taba na haifar da gajiya — rasa sauriyar wahayi. Ba ta haifar da barci ba. Ta rage barcin REM kusan gaba ɗaya, ta lalata tsarin barci, ta rage zurfin barci, kuma za ta haifar da rashin barci a ƙarƙushin dare yayin da jikin ke narkewa taba.

Sakamakon haka shi ne cewa shekaru na shan abubuwa don samun barci yana haɗa wani ido da ba ta taɓa jin gaskiya barci yayin shan – kuma yanzu, a farkon kwana, yana da wahala sosai wajen samun barci saboda hanyar narkewa ta ƙare, kuma idon bai koyi yadda ake fara barci na halita ba shekaru.

Gyarawar barci a lokacin da ake kokarin daina shan kwalba yana ɗaya daga cikin mahimman abubuwa kuma ɗayan abubuwan da ake kasa godiya ga su wajen wannan tsari. Rashin barci shine babban dalili na sake dawowa zuwa shan kwalba a wasu lokuta. Haka kuma, shi ne ɗayan abubuwan da za'a iya inganta ta amfani da takamaimai da hanyoyin da ke ƙarƙashin wannan rubutun.

- Melatonin (0.5–1mg, a shafa ƙarƙashin harshe, minti 30–60 kafin lokacin barci da ake so) — adadin ƙanƙantar ne ya fi tasiri fiye da adadin girma; adadin girma na iya lalata tsarin circadian.
- Magnesium glycinate (300-400mg, sa'a guda kafin barci) - yana tallafawa GABA, yana rage glutamate excitotoxicity, kuma yana ƙara ƙaramin jujjuyawar jiki.
- Glycine (3–5g, dakika 30 kafin barci) – yana rage yawan jinin jiki, wanda ke haifar da barci; kuma yana cikin NMDA wanda yake taimakon GABA-glutamate don daidaito.
- L-Theanine (200–400mg safiya) — yana ƙara yawan waven alfa, kuma yana rage damuwa wanda ke hana barci.
- 5-HTP (50–100mg safiya) — abu da ke taimakawa wajan samar da serotonin, wanda yake zama melatonin; yana inganta yanayin zuciya da barci a lokaci guda.
- Phosphatidylserine (100-200mg, da dare) - yana rage matakin cortisol na yamma; rashin lafiya a cikin tsarin HPA sakamakon shan giwa na dogon lokaci yana ƙara matakin cortisol kuma yana hana barci.

Ba kai kaɗai ba ne.
Wannan aiki yana taimakon ƙungiyar.

Protocoli na 17: Tsarin Barci

* **Hanyoyin da za su inganta barci:**

    *   Kada ku sha abinci mai nauyi kafin barci.
    *   Ka guje wa caffeine da nicotine kafin barci.
    *   Saurayin motsa jiki, amma kada ku yi motsa jiki kusa da lokacin barci.
    *   Kara yanayi mai kwantar da hankali a daren.
    *   Kada ku amfani da wayoyinku ko kwamfutoci kafin barci.

*   **Idan kuna fama da wata matsala, tuntuwa da likita.**

*   **Game da farinɗin mafarki (REM rebound) a farkon kokarin janyewa daga sha'awar:**

    *   Mafarkai masu haske waɗanda kuke ganawa a farkon kokarin janyewa ba su da alfanu.
    *   Wannan abu ne mai amfani, kuma bai zama matsala ba.

*   **Game da hana shan abin sha:**

    *   Kada ku sha wani abu mai ɗauke da alkawari, har ma a cikin girki ko ban ruwa.
    *   Har yanzu ƙananan adadi na alkawari za su iya haifar da damuwa kuma su hana barci.

Sashe na 6 - Yadda ake shawo kan addikta: Samun GABA naka.

THE CENTURION — Centurian Paper C-28 an amfani da shi wajen warshawar ciwon taba.

Alkohol na iya haifar da yanayi uku daban-daban a jiki dangane da yadda, lokacin, da dalilin amfani da shi. Kowane ɗayan waɗannan yanayin ya kamata a maye gurbinsa da hanyoyi masu amfani wanda ba za su lalata ku ba.

Menene da gaske alkawari yake yi?

Aikin.	Kimiyyar ilimin halaye na gaba.	Ginin maye gurbin halittu.
Ƙarfara da damuwa / kwantar da tsarin jijiyoyin jima.	GABA ta haɗaɗi - man shaidan ya rufe tsarin da ke ƙara kaiwa mutum sanarwa wanda bai dace ba. Ga waɗanda suka lalɓe kuma suna da matsalolin damuwa, wannan shi ne mafi kyawun maganin da za su iya samu.	Tsarin numfashi (yau da kullum, ba za a barshi ba). Tausayi - wani abu na tunani wanda ke ƙirƙirar tsarin GABA a cikin jiki, maimakon dogara ne akan wani abu daga wajen. Sanyaya jiki (yana haifar da nutsuwa bayan damuwa). Ƙasa. Waɗannan ayyukan dole ne a yi yau da kullum kuma a rayuwar mutum - ba su danganta da yanayi.
Yin abubuwa da sauƙi da haɗuwa da wasu.	Fitowar endorphins da raguwar hana zamantakewa. Man shaidan ya lalata wani bangare na gaskiya kuma yana haifar da zafi, buɗewa, da ji na kasancewa cikin ƙungiya.	Babu buri ne na zama kamar yadda man shaidan ya sa ka, – kawai a samu sauƙin magana. Makamar da ake nufi shi ne, inganta dangantaka ta gaskiya wacce ba ta bukatar sauƙin magana. Kungiyoyin da ke biyan matakin goma sha bakwai, ƙungiyoyi masu ƙanƙantarwa, al'ummomin da ba su shan komai ba. Tuntuɓe na jiki (mai aminći da izinin) yana fitar da oxytocin. Yin hidima – taimakon wasu – yana samar da endorphins da kuma ji na ɗaya a lokaci guda.
Farinciki da kyauta.	An kunna tsarin dopamine da kuma tsarin opioids. Sha'in man shaidan yana jin daɗi, musamman a farkon lokuta. Wannan gaskiya ce. Abin da ya faru shi ne wani abu na kimiyyar halaye.	An gina hanyoyin samar da dopamine da yawa a ƙarƙushinmu: motsa jiki mai karfi, ƙwarewa a aikace-aikace, wasanni masu kyau, kuma cimma buri tare da al'amuran zamantakewa. Ba wata hanya ɗaya ba ce zai iya samar da

		dopamine kamar yadda abin haifuwar (alcohol) yake - don haka, hanyoyi da dama suna da mahimmanci, ba za su iya zama abu na ƙasa.
Ana yin bikin canji, kuma an ba da izinin hutawa.	Shafin da ake yi bayan aiki ba ne kawai game da ilimin magani. Ya nuna wata alama - ranar ta ƙare, ana izinin hutawa, kuma aikin na yau za'a ƙare.	Wannan hanya tana taimakon kungiyar.

Tsarin GABA na Musamman don Samun Nasarar Rayuwa Ba da Gari.

THE CENTURION — Gine-gine na Tsarin Batarwa Na Ciki da Kwayan Dawa Ke Ayyaka.

Tsarin farfadowa na kungiyar Sage – kuma farfadowa daga shan kwalba, galibi, shi ne wani labari ne na kungiyar Sage – yana buƙatar gina rayuwa wacce ke samar da kwancikwai ga tsarin sarafansa ta hanyoyin da mutum yake da su. Ba game da kawar da abubuwan da ke haifar da motsin rai ba ne. Game ne da gina wani tsari na cikin gida wanda zai iya sarrafa al'amuran rayuwa ba tare da amfani da kowane abu ba.

- Ana buƙatar yin addu'a ko tunani kullum, kuma ya kamata ya kasance akalla na minti 10. Ba za a iya barin wannan ba; yana da mahimmanci kamar wani abu da jikin yake buƙata. Wannan shi ne ke ƙirƙirar GABA mai yawa a cikin jiki, wanda man shaidan ke cikawa. Doka ta 04 (Dharma Recovery) a cikin littafin Compendium na iya ba ku karin bayanin game da wannan.
- Wasanni masu karfi na motsa jiki aƙalla sau 4 a kowane mako. Fitowar BDNF daga wasanni masu karfi na motsa jiki ita ce mafi mahimmancin hanyar gyara da ake samu ga kwakwalwa wanda aka lalata ta shan taba. Fitowar endorphin yana taimakon tsarin opioid/endorphin a lokaci guda. Wannan ba shawara kan yadda za ki rayu ba ne — shi ne mafi ƙarfi na maganin da ba tare da amfani da kwayoyi ba wanda yake taimakawa mutanen da suke kokarin daina shan taba.
- Wani ɗan adali mai zurfi. Hanyar samun nutsuwa ce ta GABA — shiga cikin wata aiki mai wahala yana kawar da tunanin damuwa ta hanyar amfani da hankali gabaɗaya, ba ta hanyar hana sinadarai. Rubutu, kiɗa, fasahar zane, girki, gina. Zurfi fiye da yawa.
- Al'umma ta gaskiya. Ba al'ummar da ake nuna wani abu ba. Ba kuma al'ummar kafofin sada zumunta. Tattalin kai da mutane waɗanda suka sani yadda abubuwa suke a rayuwarka, waɗanda zaka iya nunawa halin da kake ciki ba tare da ƀata rai ba. Tsarin endorphin da oxytocin wanda man shaidan ke haifarwa yana amsa wannan ne musamman. Al'ummomin matakin goma

sha bakwai suna samar da irin wannan ga mutane da yawa — kuma Protocol 04 da Protocol 08 na Compendium sun yi magana akan tsarin zamantakewar farfadowa a gabaɗi.

- Wannan tsari na kasancewa a cikin yanayi yana da muhimmanci, ba wani abu mara kyau. Minti 20 ko fiye kullum. Matsayin cortisol na jikin mutum da ke sake fasalewa yana daidawa a wuraren daban-daban, kuma wannan ya faru ne kawai a wuraren dangi, ba a birane ko cikin gida.
- Aikin hidima. Aiki na taimakon wani mutum da gaske yana motsa tsarin sadaukarwa, haɗin kai, da ma'ana a lokaci guda kuma yana bawa mutum yancin ji na kasancewa mai amfani a duniya, wanda ruwan sha ke samarwa. Yawancin mutanen da suka yi juyin halitta daga shan taba suna cewa hidima ita ce mafi kyawun hanya ga rayuwa mai tsayi.

Sashe na 7 - Yadda ake amfani da Recovery Kernel: Jagorar Tsari.

Fasfa.	Tsarin aiki.	Babban batu.	Ba a sami wata bayanin da ta shafi shan kwalba.
Tafiyar da jini daga kwayoyi (tsakanin kwana 0 zuwa 7 idan kuna da yakin lafiya).	Mai kula da lafiya - ba littafin ilimi ba.	Rayuwa. Yin hana faduwa. Tsarin likita don inganta hali.	Wannan tsarin *Recovery Kernel* ba ya fara anan. Tashi daga magani yana farawa anan. Lokacin da lafiyata ka tabbata, koma zuwa wannan jagorar kuma fara a matsayin bangare na *Biological Foundation*.
Asalin halitta (rananan 1-14).	Protocol 07, Protocol 09, Protocol 17, Protocol 18	Abinci don magance matsalar rashin abinci, thiamine, magnesium, barci, gyara tsarin narkewa.	Thiamine a ranar farko. Magnesium a ranar farko. Cikakken vitamin B a ranar farko. Waɗannan ba su da zaɓi. Tsarin da ya lalace bai iya farawa da gyara ba ba tare da kayan abinci na asali. Protocol 18 (abinci) da Protocol 09 (maimakon narkewa da kwakwalwa) sune mafi mahimmancin protocols a cikin Volumi na 1 don gyaran wahalhalun sha.
Taswirar Genoma (Watan 1-4)	Sashe na 15 (Kundin Takaitawa), Tsarin Aikin 11, Tsarin Aikin 12.	GABRA2 assessment, OPRM1 don jagorar amfani da Naloxone, COMT constitution, MTHFR.	GABRA2 wanda ke da babban hadari kuma OPRM1 A118G sune mafi mahimmancin sakamakon gwaje-gwajen jini a cikin tsarin gyara wahalhalun sha – su kan yi tasiri kai tsaye akan yadda ake kula da lafiya (kula da faduwa, ko ya kamata a ba mutum Naltrexone). Yi gwajin da zaizo.
Gaba na gyara tsarin (makonni 1-12).	Tsarin aiki na 04, Tsarin aiki na 01 don kawar da sha'awa, Sashe na 4.2 na wannan littafin.	GABA supplements, motsa jiki don samar da iska, yin tunani, yadda ake sarrafa damuwa.	Ba kamar sabuntawa ko kuma gyara na ƙwayar cuta ba, tsarin GABA ne ke zama babban buri a gyaran rashin taba – shi ne wuri da ya lalace fiye da sauran, kuma rashinsa ce ta haɗaɓɓen da ta kai ga dawowa zuwa abubuwan addikti. Dukkanin abubuwa na faruwa a cikin wannan tsarin.
Architecture na Halaye da Muhalli (Watan 2-12).	Protocol 02, Protocol 05, Protocol 06, Protocol 08, Protocol 13	Kwamanda da hana canzawa zuwa wasu nau'in addikti, gyara yanayi, tantance abubuwan da ke haifar da addikti,	Canjin daga man shaidu zuwa benzodiazepine shine canjin addikti mafi wahalar a cikin tsarin dawo da lafiya. Ya kamata a karanta Dokokin 02 nan take. Canjin zuwa cannabis kuma yana yawa ga wanda ke sha

		tsara al'umma.	man shaidu saboda damuwa. A bayyana hadaddiyar ƙunciyar canji kafin ta faru.
Jinin da Sabon Rayuwa (Watan 1-6)	Protocol 07, Protocol 18, tsarin watsi da cutar ciwon gan. (Sashe na 4.4)	Binciken aikin jini, NAC, silymarin, TUDCA, phosphatidylcholine.	Saita sake gwajin LFTs a wata ɗaya, watanni uku, da watanni shida bayan an daina shan kwalba. Jini yana ɗaya daga cikin al'ummun da za su sake samuwa - ingantawar mai yawa na iya faruwa har ma da lalacewar tsada, idan ana ci gaba da dage shan kwalba. Ka kula da shi. Kar ku yi murnar ingantawa.
Idan uwamanci da ma'ana (watanni 2-12).	Protocol 20, Protocol 21, Protocol 23, C-28	Bayan hankali, halin da ya dace, tsara buri.	Matsalar cin mutum yana da alaka mai zurfi da yadda mutum ke gane kansa – "Ni wani ne da yake shan kwal". Ga waɗanda suka dogara da shan kwal, samun 'yanci daga wannan addikti na buƙatar ƙirƙirar wata hanyar ganin kai ba tare da ƃarkantarwa ba. Tsarin aiki na 20 (gyaran yadda mutum ke gane kansa) yana da mahimmanci.
Tafiya mai tsawon lokaci (watanni 6-24 da kuma sama).	Protocol 24, Protocol 25, C-28, C-31	Tsarin manufa, gyara dangantaka, ciwon zance na gaske da ya yi aiki yadda ya kamata.	Kwantin jinin da ke sake farfadowa a shekarar farko ta rayuwa ba tare da narkewa ba na iya ajiye shi ne ta hanyar MRI, kuma hakan ya kasance mai mahimmanci. Mutumin da ya yanke shawarar samun wani hali na rayuwa a watan 1 zai iya zama mai bambanci a fannin ilimin halitta – a gaskiya, kuma a matakala – har zuwa watan 18. Wannan ba magana ce mara ma'ana. Shi ne babban dalili da ilimin halitta ke bawa mutum don rayuwa ba tare da narkewa ba.

Sashe na 8 - Layin Tallafin Kiwon Lafiya.

Matsalar amfani da man shaidan ta fi sauran cututtukan addikti wajen samun tushen ilimi don magance ta ta hanyar amfani da magunguna. Magungunan da ke ƙasa ba a yi amfani da su yadda ya kamata — bincike yana nuni da cewa, kusan 10% ne kawai na mutanen da suka lalace saboda matsalar amfani da man shaidan waɗanda za su iya amfanar wannan magunguna, ke samun su. Wannan wata gaba ce ta magani wacce ke haifar da mutuwar mutane.

Ka nuna wannan sashin ga likitanka. Tambaye shi kai tsaye game da waɗannan zaɓuɓɓuka. Tsarin Recovery Kernel da maganin asali ba su adawa juna ba - an ƙera su don aiki tare.

Maganin da FDA ta amince da su don magance matsalar shan taba.

Magani.	Aikin.	Matsalar shaida.	Tattalinawa da kuma bincike na ilimin halitta da kuma lafiya.
Naltrexone (ta hanyar cin abinci ko injekcion wata ɗaya / Vivitrol).	Mai hana aikin da receptors na opioids ke yi – yana hana siginan jin daɗi wanda endorphins ke kawo ta shan kwalba, wanda hakan ke rage "sojinsa" da yawan jin daɗin.	Mai karfi - an gudanar da gwajinmu na kasada (RCT) da yawa; an yi amfani da shi ta hukumar FDA.	OPRM1 A118G masu da wannan halitta sun nuna ingantaccen sakamako - har zuwa sau 3 mafi kyau. Idan kana da wannan halittar, yana yiwuwa Naltrexone shi ne maganin da zai iya ba ka mafi amsa. Injecin wata-wata (Vivitrol) yana kawar da buƙatar kula da magani kullum. "The Sinclair Method" - ɗaukar naltrexone kafin kowane lokacin shan giwa don kawar da yadda jiki ke ji da jin dadin shan - shi ne wata hanya mai amfani don rage cutarwa ga waɗanda ba su shirye don ƙiƙa.
Acamprosate (Campral)	GABA da gyara na glutamate - yana rage yawan motsin da ake samu wajen rabuwa da alkawari da kuma damuwa; yana rage wahala a lokacin jinyewa.	An yi amfani da shi kuma an ba da izinin FDA; yana da tasiri sosai wajen magance PAWS.	Musamman ga waɗanda ke da matsalar GABA (GABRA2 mai hadari) da kuma waɗanda ke fama da PAWS masu tsanani. Ana fitar dashi ta hanyar kowane ɗaya, ba tare da amfani da jini ba, wanda ya fi kyau a lokacin kokarin kawar da sha'awar alkawari, inda aikinsu na jini zai iya kasancewa mara kyau.

			Ba shi da yuwuwa don haɓaka matsalar jinin. Ya kamata a fara amfani dashi ne a lokacin ko kuma bayan tsarkake jiki.
Disulfiram (Antabuse)	ALDH2 inhibition - yana hana yawan acetaldehyde daga fita, wanda ke haifar da rashin lafiya mai tsanani, kamar ciwon xuwa, launin fata, da rashin jin dadi idan ana shan giya.	Taurarin - hanyar hana; yana da tasiri idan an kula da aiwatarwa.	Ana amfani da shi ta hanyar sa mutum ya sha ruwa ne kawai, kuma yana azara matuƙin ƙarya ga duk wanda ya sha. Yana iya zama mai tasiri idan ana lura da yadda ake shan magungunan (ta abokin aure, likita, ko shirin). Ba shi da kyau ga mutanen da ke da ALDH2*2 — suna da matsala a jikin su wajen fitar acetaldehyde; disulfiram na iya ƙara wannan matsalar. Yana buƙatar ɗaure sosai kan barin shan kwalba, domin yana sa shan kwalba ya zama mai haɗari ga lafiya.
GLP-1 agonistai (semaglutide, tirzepatide).	Ƙara rage shaƙi ta hanyar canje-yanje a cikin tsarin dopamine da na biyan bukata; bayan shekarun 2025–2026, an gano cewa akwai raguwar yanayi na shan giwa daga kashi 50 zuwa 60.	Ana gano sababbin bayanai, kuma gwaje-gwajen likita na ci gaba har zuwa shekarar 2026.	Babban ci gaba a fannin magungunan kula da rashin lafiya mai shafar shan taba a cikin shekaru. Hanyar aikin wannan magungin ta nuna cewa yana rage yawan 'soji' wanda ake ji lokacin sha, wato ƙarfafawar da take jan mutum zuwa ga abinci – maimaiɗa shi ne kawai saurin jin daɗi da ake samu bayan shan. Ga marasa lafiya waɗanda ke fama da rashin lafiya mai shafar shan taba da kuma matsalar metabolism, wannan magungin na iya warware matsalolin biyu a lokaci ɗaya. Tabbatar ku yi magana da likitan ku game da hakan.
Gabapentin.	Gaba-gyara anticonvulsant - yana rage alamun sakewa da PAWS; musamman muhimmi ga barci da damuwa.	Moderate - amfani mara daidaito; ana da babban tushen shaida game da cutar shan taba.	Yana da amfani wajen kula da PAWS (withdrawal symptoms) da barci a cikin watanni 1–3 na farko. KISHI: Gabapentin yana da yuwuwar haifar da ƙwayoyin, musamman ga mutanen da suka yi tarihin ciwon narkewar kwayoyi. Amfani da shi ya kamata ya kasance tare da takamaimai da kula

			daga likita. Mutanen da ke cikin "GABRA2 high-risk profile" sukan fi amfanawa, amma kuma suna cikin hadarin cin ƙwayoyi mafi girma – dole ne a kula da su sosai.

Kalmar ƙarshe.

THE CENTURION — Tsarin da ya zaɓi shan taba ba na lalacewa ba ne. Ya ke maganin wani abu, amma ta hanyar da ba ta da kyau.

Tsarin GABA da bai iya kwantarwa ba. Tsarin endorphin da bai iya samar da wadatattun al'adu na zamantakewa. Tsarin dopamine da bai iya samun kwananniya a cikin yadda ake rayuwa kullum. Tsarin methylation da bai iya samar da serotonin mai yawa. Waɗannan ba su da alaƙa da halaye mara kyau. Suna alamomin rashin lafiya na jiki - wane abu, kuma ana iya magancewa ta hanyar ilimi.

Alkohol ya warshiya waɗannan matsalolin. Shekaru da dama, ko kuma shekaru masu yawa, ya warshiya waɗannan matsalolin. Hanyar warshewa ta kasance gaskiya. Kuma tana lalata komai a kowanne fannoni.

Abin da Recovery Kernel ke bayarwa shi ne wani nau'in maganin — wanda yake sauri, kuma ba tare da tsaurari ba, yana buƙatar horo yau da kullum, tallafin jiki, al'umma, da lokaci. Amma maganin da baya kusantar abubuwan da barci ke haifarwa. Maginin da baya rage rayuwarka zuwa tambayar daya: "Yaushe za a samu wani abu don sha?"

Kwantin da aka rasa daga hanyar sha abin kunya yana sake bayuwa. GABA receptors suna sake lalacewa. Tsarin serotonin yana sake gina kansa. Ciwon maha yana samu. Yawan al'adu masu matsala za su iya gyara - ba duka ba, kuma ba cikin sauri ba, amma da kyau. Aikin tunani da abin kunya ya rage, kuma yawanci ya fi yadda yake kafin sha saboda kayan aiki da aka gina wajen bayan lafiya - irin su numfashi, barci, abinci, motsa jiki, da aikace-aikacen tunani - suna ƙirƙirar kwantin da ke iya yin aiki sosai fiye da na da yake sha.

Ana yinsa da cewa, an gina **Recovery Kernel** ne don mutanen da suke buƙatar takamaimon mafi ƙima fiye da na gama gari da ake rarraba. Yanzu haka, kuna da sigar wannan takamaimon wacce ta dace musamman ga masu sha'awar abin haifuwa.

Ana ci gaba da shiga cikin babban littafin. Yi amfani da shi.

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Duba cikakken littafin "Recovery Kernel Complete Centurion Compendium" don dukkan tsarin da aka ambata.

Crisis: call or text 988 | Emergency: 911 | SAMHSA: 1-800-662-4357

⚠ KIRAYAR KAWO CUTA – BA TAHAYA TA LALYE BA.

*Yadda ake samun wani abu da zai taimaka wajen kawar da shan taba, ta amfani da **Recovery Kernel** | Jerin Takardun Game da Kayayyakin Addindi.*